

Baked Seasoned Potato Chips

Ingredients:

- 2 teaspoons canola oil
- 1 large russet potato (or 2 medium size), about 10 ounces
- Canola cooking spray
- 1/2 teaspoon seasoned salt



Preparation: Preheat the oven to 400 degrees. Brush canola oil over the bottom of a nonstick jellyroll pan. Using a large, sharp, non-serrated knife, cut the potato into very thin slices (about 1/16 inch thick).

Immediately lay the potato slices flat onto the prepared pan (they should completely cover the bottom of the pan). Spray the tops with canola cooking spray and sprinkle with the seasoned salt. Bake for about 22-25 minutes, watching carefully. Remove the chips that have browned and crisped and continue to cook the remaining chips until they become nice and crisp, too -- about 5 minutes more.

Yield: 3 servings

Nutritional Information: (per serving)

137 calories

3 g protein

25 g carbohydrate

3 g fat

0.2 g saturated fat

0 mg cholesterol

2.5 g fiber

239 mg sodium

Calories from fat: 20%

<http://www.medicinenet.com/script/main/art.asp?articlekey=82757>